

# Nutrition News



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## EBT Update

The WIC Program is continuing to rollout the WIC application associated with the new web-based Clinic Management System (CMS) and issuance of Electronic Benefits Transfer (EBT) cards. There are approximately 2200 WIC participants currently using the new eWIC cards at the vendors in Western Kentucky. Below are the districts and agencies that are currently operating on the new system and using the cards.

BARREN RIVER DISTRICT  
MONROE COUNTY  
ALLEN COUNTY  
TODD COUNTY  
GREEN RIVER DISTRICT  
MUHLENBERG COUNTY  
HOPKINS COUNTY  
PENNYRILE DISTRICT  
PURCHASE DISTRICT

Prior to a district or agency rolling out, the WIC Coordinator will be contacted to help schedule and coordinate rollout efforts. Once again, we want to stress to all non-CMS counties the importance of the following procedures that MUST be in place:

- WIC Participants must be placed in households (when applicable);
- Issuance dates must be coordinated for household members;
- All WIC certifications must be entered into the Growth Chart/Automated Risk system (this

includes ALL certifications that are done using the paper WIC-75). When transitioning data from bridge to CMS, the system looks at

certification data. If certification information is not found in bridge then the certification record must be created in CMS before issuance can occur;

- Ensure that exam rooms where WIC services are provided have computers;
- Health Professionals will enter measures, blood work, nutritional risk assessment, plan and assign food package;
- Laser printers are to be located in an area convenient in the clinic for printing growth chart and automated WIC-75;
- Zebra printers are to be located where necessary to print labels for service;
- The State WIC Program will provide clinics with EBT Pin Pads and Magnetic Stripe Card Readers.

The rollout will be completed in the Western part of the state by the end of November 2010. Notification and expansion plans will be forthcoming.



# EBT Vendor Update

There are currently approximately 260 WIC vendors in the state of Kentucky who are accepting electronic WIC benefits. This includes all of the Wal-Mart stores across the state. The Vendor Management Section is working with Kroger Corporation and anticipates that in the near future, the majority of Kroger stores in Kentucky will be able to accept electronic WIC.

Vendor Management is actively involved with several corporations like Food Lion and Meijer to assist in their development of integrated systems for their stores. Integrated systems are preferable to the stand beside point-of-sale (POS) devices for large stores because all transactions can be completed through the store's cash register system.

UPC codes for WIC eligible foods are still being added to the Approved Product Listing (APL). Vendors who have products which they believe are WIC approved may send the UPC code, along with the nutrition facts label, to the State WIC Office for review.

The staff of the Vendor Management Section appreciates the continuing assistance of the staff of the local health departments as we transition from paper food instruments to electronic WIC benefits. Questions may be directed to Joe Wilson at (502) 564-3827, ext. 3839 or by e-mail at [Joe.Wilson@ky.gov](mailto:Joe.Wilson@ky.gov).

## 2010 Kentucky State Fair

For eleven days in August the Kentucky Cabinet for Health and Family Services (CHFS) had the opportunity to engage hundreds of visitors at the Kentucky State Fair. The CHFS interactive display, located in the Kentucky Fair and Exposition Center's South Wing B, featured rotating exhibits with free health screenings and educational activities. These exhibits provided visitors the opportunity to learn something new every day.

On August 19<sup>th</sup> and 20<sup>th</sup>, the Nutrition Services Branch (NSB) exhibit featured a variety of test tubes which represented popular foods and beverages and their sugar, fat, and/or sodium content. The exhibit also showed healthy alternatives and provided many great handouts for visitors to take home. Some visitors took pictures of the display with their cell phones to send to their friends. The aim of the exhibit was to encourage visitors to make healthy food and lifestyle choices today for a healthier tomorrow.

A special "thank you" goes to Connie Howell who worked tirelessly at the exhibit.



The following are the wonderful local agency volunteers who helped staff the exhibit: Debbie Lentz and Elizabeth Crigler-McGuire (Bullitt Co. Health Dept.); Lynette Renner (Cumberland Valley District Health Dept.); Susan Borders and Lori Williams (Louisville-Metro Health Dept.); Cathy Winston (Northern KY Health Dept.); Shalaka Gupte and Joanne Jones (U of L Children and Youth Project); and Elaine

Russell (CHFS-Health Promotions Branch). We couldn't have done it without you!

Next year's Kentucky State Fair is set for August 18-28, 2011.

Misty Morris, M.S., R.D., L.D.  
WIC Field Representative

# WIC Coordinators Videoconference

The latest WIC Coordinators video conference was held September 9, 2010. Important information regarding United States Department of Agriculture (USDA) Revision 10 of the WIC Nutrition Risk Criteria and the 2010-2011 Approved Food List was discussed.

## Revision 10 Changes

Revision 10 of the USDA Nutrition Risk Criteria for WIC was implemented October 1, 2010. All changes for Revision 10 were sent to WIC Coordinators and will be included in the January version of the PHPR. Some highlights of these revisions include:

- Definition of Underweight and Overweight for Women;
- Low and High Maternal Weight Gain;
- Gestational Diabetes/History of Gestational Diabetes;
- History of Preeclampsia;
- Gastro-Intestinal Disorders;
- Pre-Diabetes;

Hypertension and Pre-hypertension; and Feeding Practices.

Please refer to the PHPR for detailed information on these changes.

## Kentucky WIC Approved Food List

Each agency should have received the English and Spanish version of the WIC Approved Food List. There were also two new inserts that were developed this year and agencies should have received these. These inserts are titled "Kentucky WIC Approved Food List Displaced Participants" (To give to the homeless client) and "Tips for Using your WIC Fruit and Veggie Benefit". To reorder any of these items, contact the Pamphlet Library via the order form or by email at [pamphletlibrary@bluegrass.org](mailto:pamphletlibrary@bluegrass.org).

The 2011 WIC Videoconference schedule will be forthcoming.

## Revision 10 Changes: Iodine and Vitamin D

The USDA Revision 10 brings with it two new nutritional risks regarding iodine and vitamin D.

The Nutritional Risk for iodine deficiency is for women who take <150ug of iodine daily. Even

though the U.S. has been fortifying table salt with iodine since the 1920s, dietary habits have changed. According to [The Journal of Nutrition](#), most salt in the US diet now comes from processed foods rather than added table salt and most processed foods contain salt that has not been fortified with iodine. The NHANES study has shown a decrease in iodine values in women since the 1970s and since iodine is

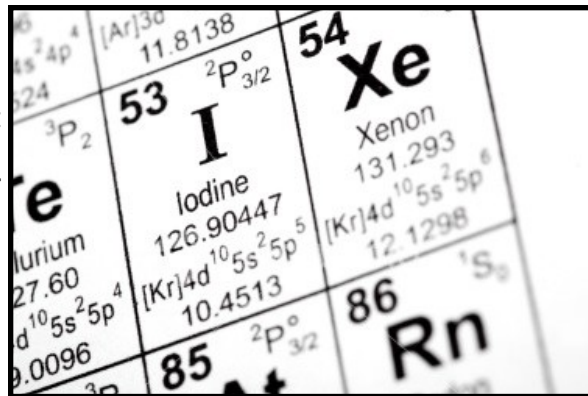
not mandated in prenatal vitamins, many pregnant or breastfeeding women may not be receiving the needed amount of this mineral. This is critical, since even mild iodine deficiency during pregnancy can adversely affect cognitive development in children. WIC certifying professionals should encourage pregnant and breastfeeding women to review the iodine content of their vitamins and

discuss it with their health care provider.

Vitamin D deficiency was also added as a Nutritional Risk Criteria. All infants and children should be receiving at least 400 IU of vitamin D

either through vitamin D-fortified formula, milk or supplementation. It is important to note the recommended amount of milk for children continues to be 2 cups (16 oz.) per day. Children drinking 24 oz. or more of milk per day are at risk for anemia and overweight and therefore should be assigned the risk for feeding practices (7012).

Therefore, children drinking the recommended amount of milk per day may be deficient in dietary vitamin D. WIC certifying professionals should encourage parents to consult their child's health care provider for supplementation recommendations if it is determined the infant or child is not receiving adequate dietary vitamin D.





## State Fair 2010



## Your WIC Contacts in Frankfort:



- **Branch Office**

General questions regarding Nutrition Services and the WIC Program  
(502) 564-3827, Option 5

- **Program Operations**

Income Eligibility and Administrative Policy and Procedures  
(502) 564-3827, Option 4

- **Vendor Section**

Vendor related questions and applications  
(502) 564-3827, Option 3

- **Food Delivery/Data Section**

Help desk, stop pays, computer issue, auto-dialer, printer and printing problems  
(502) 564-3827, Option 1

- **Clinical Nutrition Section**

Special formula approvals, breast pump rentals and nutrition education  
(502) 564-3827, Option 2